

July is Park and Recreation Month!



This July, discover your super powers with Garner Parks, Recreation and Cultural Resources! When we work together to further health and wellness, conservation and social equity efforts, awesome things happen!

This month, join us for some “super” activities and learn how our park and recreation superheroes improve lives in our community.

Celebrate! Wear a Cape!

We will kick off Park and Recreation Month at our Annual Independence Day Celebration on July 3. Throw on your best superhero costumes and join us at the Garner Parks, Recreation and Cultural Resources tent for a scavenger hunt, a superhero photo booth, fun games and giveaways. At 6:30 p.m. be sure to make your way to the stage in your mask and cape for a group photo with any of our superhero citizens that come out to the park!

Gates at Lake Benson Park open at 5:00 p.m. for this free event featuring your North Carolina Symphony, Carolina Soul Band and the best fireworks show in the Triangle. More information can be found at GarnerNC.gov/GarnerJuly3.



Nominate a Parks and Recreation Superhero!



Every community has that one person who makes things happen. That one person who saves the day. This July, as part of National Park and Recreation month, the Garner Parks, Recreation and Cultural Resources Department will recognize these superheroes for the great work they are doing to help us discover, play and celebrate in Garner.

Please help us identify these heroes by nominating someone who is making a difference in our community.

Superheroes may be Town of Garner employees, volunteers, citizen advocates and more. To nominate your hero, please contact Debbie Dunn at ddunn@garnernc.gov.

Find Your Inner Superhero!

Throughout the month of July, our Parks, Recreation and Cultural Resources team will offer programs and activities to awaken your inner superhero. You can get fit, learn new abilities and make super new friends. Make sure to take advantage of these and any other programs we offer!

You can register for these programs on the Parks, Recreation and Cultural Resources page at GarnerNC.gov.

PRESCHOOL

Preschool Soccer

June 29 - July 13 Ages 4-5 5:00 p.m. - 5:45 p.m. or 6:00 p.m. - 6:45 p.m. Avery Street Recreation Center
In this 3 week class kids will experience the fun of youth sports while learning the basic skills of dribbling and shooting and differences between offense and defense.

Bity Band Camp

July 12 - 14 Ages 4-5 9:00 a.m. – 11:00 a.m. Avery Street Recreation Center
Strike up the band! Campers will make musical instruments, learn songs and put on a performance the last day of camp.

Preschoolers in the Park

July 21 Ages 2-5 10:00 a.m. – 11:00 a.m. White Deer Park Nature Center
Discover the natural world through stories based on the Nature Center's monthly theme followed by games, crafts or short hikes. Please dress for the weather. An adult must accompany children at all times. Pre-registration is required.

YOUTH

Digital Photography Camp

July 18 - 21 Ages 10-15 9:00 a.m. – 12:00 p.m. Avery Street Recreation Center
Learn how to make pictures, not just take pictures, in this hands-on camp taught by an award winning photographer. We will combine classroom workshops with photo shoots in the field. We will take field trips to various parks through the Town to apply what we learn. Participants must bring their own digital camera and user manual.

Native American Nature Stories

July 23 Ages 5-12 10:30 a.m. - 11:30 a.m. White Deer Park Nature Center
Join Carlos Velazquez, an Otomi Indian, as he shares stories about native animals and their importance to the Native American culture. Pre-registration is encouraged but not required.

ADULT & SENIOR

Step & Sculpt

July 14 and 21 Ages 16 & Up 6:30-7:30pm Avery Street Recreation Center
Push your fat burning system into high gear by utilizing the step as an effective training tool. This is an energizing low impact workout with emphasis on hips, thighs and abdominal muscles combined with upper body sculpting exercises. Please bring your own mat. No registration is required.

Yoga at White Deer Park

July 16 Ages 16 & Up 9:00 a.m. – 10:00 a.m. White Deer Park
Join our super hero instructor Tammy, a breast cancer survivor, and learn how to unleash your inner "Stretch Armstrong" through yoga.

Adult CPR/AED/First Aid

July 30 Ages 12 & Up 9:00 a.m. - 3:30 p.m. Garner Senior Center
Taught using National Safety Council guidelines, this comprehensive course teaches students how to recognize and care for cardiac emergencies as well as how to provide basic first aid treatment for bleeding, burns, sudden illness and more. You could quite literally be someone's hero with the skills you'll learn in this class. Bring lunch. All equipment will be provided.
